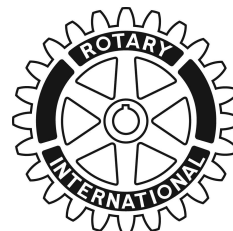




29th ANNUAL GULF COAST RUNNING CLUB CITY OF DIAMONDHEAD 5K WALK TO DA FEET HUNGER 5K & 1 MILE RACE



SATURDAY, AUGUST 15, 2020

**7 a.m. Check-in, 8 a.m. Start of the 5K,
8:45 a.m. start of the 1 Mile**

***Start & Finish at the East Recreation Pool in Diamondhead.
For more information, call Leonard Vergunst (228) 380-7037.***

GENERAL INFORMATION

\$17.00 for GCRC Members by August 10
\$18.00 for Non-Members by August 10
\$10.00 for all children (age 12 and under) in the One Mile
Late Registration - \$20.00 5K, \$15.00 Children One Mile
7:00-7:45 a.m. for all on race day.
Register online at www.raceroster.com

COURSE

USATF Certified MS11026MS. Hilly out and back challenge. Accurately measured; 2 miles from the Diamondhead entrance on Diamondhead Drive East starting at the East Rec. Pool Facility. Kentwood Springs water will be on the race course.

POST RACE

After the race there will be drinks, fruit, and various food and snack items.

DOOR PRIZES

Local merchant gift certificates and other prizes given in a random drawing.

AWARDS

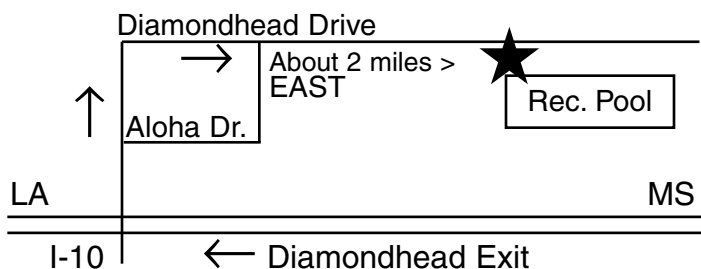
T-SHIRTS TO ALL RUNNERS

Trophies go to the Top 3 Overall Males and Females, First Overall Masters Male and Female, and First Overall Grand Masters Male and Female, Seniors Male and Female, and to the top three finishers in the following age divisions. Trophies to Top (3) Male & Female (10-12 & 9-U) in the 1 Mile. Also awards for the first three Male & Female Racewalkers.

AGE DIVISIONS

MALE		FEMALE	
12 and under		12 and under	
13 - 18	45 - 49	13 - 18	40 - 44
19 - 24	50 - 54	19 - 24	45 - 49
25 - 29	55 - 59	25 - 29	50 - 54
30 - 34	60 - 64	30 - 34	55 - 59
35 - 39	65 - 69	35 - 39	60 & over
40 - 44	70 & over		

MAP



For additional registration forms and race results, check our Web site:
WWW.GULFCOASTRUNNINGCLUB.ORG

2020 DIAMONDHEAD 5-K RUN



Gulf Coast Running Club



CHECK ONE

- ☐ 5-K Run ☐ 1 Mile Run/Walk
☐ 5-K Racewalker

T-SHIRT SIZES

- ☐ Small ☐ Medium
☐ Large ☐ X-Large
☐ Child Medium

Make checks payable to:

Gulf Coast Running Club
P.O. Drawer 3569
Gulfport, MS 39505

(Checks are non-refundable)

REGISTER ONLINE AT www.raceroster.com

Name _____ Date of Birth _____
Address _____ Telephone _____
City _____ State _____ Zip _____ Sex _____ Age on Race Day _____
Email _____

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Gulf Coast Running Club, Inc., and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participating in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recording or any other record of this event for any legitimate purpose.

G.C.R.C. MEMBER:

☐ YES ☐ NO

Date _____

Signature (Parent or Guardian if under 18) _____